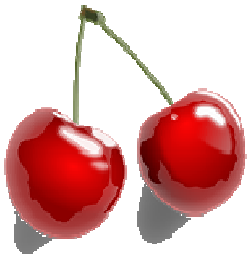

Summary of 10 Impactful Changes

1. Eat your 'Basal Metabolic Requirements' over 3 meals a day. Do not snack.

2. Add the right supplements to increase efficacy of Insulin

3. Cut out all starchy carbohydrates (Unless you are very active) and replace them with vegetables that contain lots of water and fiber.

4. Add Intermittent Fasting. Either for 12-14 hours every day or for 24-30 hours once a week.

5. Add a short, high energy exercise period of 30 seconds 3-4 times a day or a longer 4 - 20 minutes Tabata or High Intensity Interval train 3-4 times a week.

6. Eat enough of the right food. Do not starve yourself but do not overeat till you are stuffed either. Eat slowly and stop when you feel comfortably satiated.

7. Add 1g per kg lean body weight of good, grass fed or free range protein, divided over every meal. Eat protein at every meal.

8. Start your day with a protein heavy breakfast.

9. Manage your stress.

10. Get enough sleep.